

## ***Be a Goal Setter Group Activity***

A goal setter is someone who identifies what he or she wants to accomplish, and then clearly lists the steps that need to be taken to achieve the goal. The goal setter then follows each step and achieves the goal in a timely manner.

Part of being a good goal setter is to set goals that can be achieved within your time frame. Too many times people set goals that cannot be achieved because they do not allow themselves enough time to accomplish the goal. They may not have listed all the steps that they needed to take. Or they did not give themselves a reasonable amount of time to achieve each step. You will have a greater chance of success if you set reasonable goals and allow yourself time to accomplish each step.

For example, suppose you wanted to learn how to play basketball, a game you have never played before. If you set this as your goal, but say you will accomplish this goal by the end of the week, you will probably not achieve your goal (especially if you have to go to school that week, take care of your chores and sleep!).

Let's look at what's involved in this goal.

**Goal:** To learn how to play the game of basketball.

### **Steps:**

1. Learn the rules.
2. Learn each position's job.
3. Learn how to dribble.
4. Learn how to pass the ball (chest pass, bounce pass, etc.).
5. Learn how to shoot (lay-up, free throw, jump shot, etc.)
6. Learn how to run certain plays.

Even if you learned one step a day, you still need lots of time to practice each one of these new skills. So one week would not be enough time to really learn the game of basketball. Give yourself more time (practice time) and you will successfully achieve your goal.

### Group Work

In your group break down the goal your teacher gives you into not more than 7 steps. Write them down on the back of this page. Be ready to share each step with the class and be prepared to explain your reasoning for choosing the steps you did.